



The Fourth Annual

HIGH SCHOOL PLUNGE SATURDAY

TO BENEFIT SPECIAL OLYMPICS NEW HAMPSHIRE

Join Masters of Ceremonies WMUR-TV 9's Meteorologist Kevin Skarupa, and Mark Ericson and Karen Kiley of WOKQ's Morning Waking Crew as they welcome new and returning Penguins to the High School 2012 Plunge.

Plungers will brave the icy Atlantic to raise awareness and support for the athletes of Special Olympics New Hampshire. The High School Plunge is a great opportunity to raise funds for the Special Olympics unified sports program and build school spirit!

WHY PLUNGE?

Special Olympics New Hampshire (SONH) has partnered with the New Hampshire Interscholastic Athletic Association (NHIAA) to create three seasons of Special Olympics Unified Sports within NH high schools beginning this fall. Both the NHIAA and SONH are promoting the Unified Sports Partnership through Special Olympics Project UNIFY. Special Olympics Project UNIFY is an education-based program that uses the sports and education initiatives of Special Olympics to activate youth to promote school communities where all young people are agents of change - fostering respect, dignity and advocacy for people with intellectual disabilities.



Project Unify provides students with and without intellectual disabilities the opportunity to interact in meaningful ways through activities that highlight their similarities rather than accentuate differences. This creates environments where students with and without intellectual disabilities can learn about each other, overcome barriers to acceptance and become leaders for change.

3576 SONH Participants will Benefit!

Money raised by the 2012 High School Plunge provides the needed funding for Special Olympics New Hampshire. SONH provides statewide, year-round sports training and athletic competition for more than 3576 athletes and unified partners. Athletes gain physical and social skills that carry over to school, home and work. Their self-image and pride are enhanced by their successes both on the competition field and off.

THE REGISTRATION PROCESS

There Are Two Ways To Register!

- Log onto www.sonh.org and register
 - Mail completed form with Registration fee of \$25 to SONH
- Register by January 9, 2012 and receive an EARTHTEC Fleece headband



Want to join the fun without braving the ice cold water?

Register as a Non-Plunging Participant and receive a prime view of the Plunge. Receive all the same benefits!

- HS Plungers must raise the minimum of \$150
 - HS Plungers must be high school students, faculty or staff of the SAU
 - A "Flock" is your High School Team
 - All Plungers must sign a waiver. These are available at www.sonh.org
- NOTE: Plungers under the age of 18, must have their waiver signed by a parent or guardian

BE SURE TO LIKE
SPECIAL OLYMPICS NH
ON FACEBOOK



PLUNGE RAISING THE FUNDS

For the \$150 fundraising minimum Plungers receive the **BASIC PLUNGE PACKAGE** which includes:

- Two wristbands to the rally (one for you and one for a guest)
- Zip-up Hoodie

BONUS

If you raise \$250, you will receive a limited edition 2012 HS Plunge one-strap back pack!

\$250 - \$25	GIFT CARD
\$500 - \$50	GIFT CARD
\$750 - \$75	GIFT CARD
\$1000 - \$100	GIFT CARD
\$1500 - \$150	GIFT CARD
\$2000 - \$200	GIFT CARD
\$3000 - \$300	GIFT CARD

WAL-MART



HERE'S HOW TO DO IT

Create an online fundraising page to make it easier to collect donations at www.sonh.org

Monday	Donate \$25 yourself	\$25
Tuesday	Ask 5 friends for \$5 each	\$25
Wednesday	Ask 5 neighbors to donate \$10 each	\$50
Thursday	Ask 5 relatives to donate \$10 each	\$50
Friday	Ask 5 local businesses to donate \$20 each	\$100

CHECKING IN

CHECK-IN SITES

Tues., January 31st, 2012

- 1:00-7:00pm SONH Offices, 650 Elm St., Manchester
- 2:00-7:00pm Nashua Police Dept., 0 Panther Dr., Nashua
- 2:00-7:00pm Applebees, 4 Sanborn Rd., Tilton

Wed., February 1st, 2012

- 1:30-6:30pm Keene Parks & Recreation, 312 Washington St., Keene
- 2:00-7:00pm EARTHTEC, 140 West Rd., Portsmouth

Fri., February 3rd, 2012

- 2:00-7:00pm Ashworth By the Sea, 295 Hampton Blvd. Hampton Beach

Sat., February 4th, 2012

- 9:00-11:00am Ashworth By the Sea, 295 Hampton Blvd. Hampton Beach

- To avoid long lines at the Plunge, turn in your donations and get your wristband(s) and incentives prior to Plunge Day at one of our local Check-In Sites!
- We can travel to your school and check your flock in! Two mobile check-in sites will be available so contact us to have us visit your school!

HIGH SCHOOL PLUNGE IS A CHEM FREE EVENT! - ZERO TOLERANCE!

THE DAY AT THE BEACH... The 2012 High School Plunge theme is PIRATES!



HIGH SCHOOL PLUNGE

Schedule of Events

Sat., February 4th, 2012

9:00-11:00am	Check-In
11:30am	Costume Parade
12:00pm	Plunge!
12:30pm	Rally
1:30pm	Awards

Only registered Plungers and guests with wristbands will be allowed access to the Casino Ballroom

SAVE TIME! - ATTEND A CHECK-IN SITE AND GO DIRECTLY TO THE CASINO BALLROOM ON PLUNGE DAY!

Check out the Award Categories to help motivate your High School to raise funds

AWARD CATEGORIES

For Schools

- Super School
- School of Excellence
- Most Distinguished Flock
- Peerless Flock*

For Plungers / Non-Plunging Participants

- Biggest Non-Plunging Participant
- Most Distinguished Penguin
- Peerless Penguin*

For School Coordinator

- Flock Leader

- Have you plunged all 4 years of High School? To recognize this feat, you will receive a warm and toasty HS Plunge Robe



INDICATES THE AWARD CATEGORIES THAT WILL BE BASED ON THE NHAA'S CLASS DIVISIONS FOR BOYS BASKETBALL (DIVISIONS I, II, III AND IV). ONE AWARD PER DIVISION IN EACH OF THE NOTED CATEGORIES

TIPS FOR SCHOOL COORDINATORS (FLOCK LEADERS)

- Every Plunger is required to sign a waiver. Plungers under the age of 18, must have their waiver signed by a parent or guardian.
- Check-in as a Flock and share funds between Plungers.
- Bring a school banner to the beach
- Check out the Award Categories to help motivate your high school to raise funds



Special Olympics
New Hampshire

Special Olympics New Hampshire, 650 Elm Street, Manchester, NH 03101, Phone (603) 624-1250 x28, Fax (603) 624-4911. For more information, contact Rachael Nicolaou at RachaelN@sonh.org. www.sonh.org



HIGH SCHOOL PLUNGE SATURDAY

— 2012 High School Plunge Registration Form —

I am a Plunger I am Non-Plunging Participant

High School (aka Flock Name) _____

I am the Flock Leader Yes No If no, Flock Leader name: _____

How many Plunges have you participated in prior to this one: _____

I am a faculty / staff member

GENDER:

I am a student Graduation Year _____

Male Female

— REGISTRATION TYPE —

- Plunger / Non-Plunging Participant (\$25)
- Plunger / Non-Plunging Participant & Complimentary Guest (\$25)

— INCENTIVE CHOICE —

- Irving / Circle K
- Applebees
- Wal-Mart

Basic Plunge Package: Zip Up Hoodie Size (adult sizes)

XS S M L XL XXL 3XL 4XL

I would like to donate my incentives back to SONH

Name _____ Date of Birth _____

Email Address Home Work Phone Home Work

Address Home Work

City _____ State _____ Zip _____

Please send me more information on SONH & upcoming events via email. Yes Other, please specify _____

I understand that by submitting a Registration Form and \$25, I agree to raise the minimum of an additional \$125 (total of \$150) to participate in the High School Plunge.

My Check for \$ _____ is enclosed.

Charge my: Visa / MC / AmEx / Discover

Account # _____ Exp. Date _____ Security Code _____

BILLING NAME AND ZIP CODE (IF DIFFERENT FROM ABOVE) _____

Signature _____ Date _____

Make checks payable to: Special Olympics New Hampshire and mail with form to
650 Elm Street, Manchester, NH 03101 or fax to (603) 624-4911
For more information, contact Rachael Nicolaou at RachaelN@sonh.org,
or call (603) 624-1250 x28 ~ www.sonh.org

